

Interactive Discussion on Avoiding Burnout Networking Event - Discussion Questions

1. We often say we have "no time" for ourselves. If you actually had time, how would you spend it? How do you prioritize what's important to you?
2. One reason we don't have time is because we prioritize other activities over taking care of ourselves. What barriers prevent you from prioritizing yourself?
3. What are small, manageable ways you can prioritize yourself throughout the day?
4. Share some tips and strategies on how you have managed to get help in making time (e.g., meal planning, hiring household help, getting to sleep early).
5. Are there aspects of your personal or professional life that are essential to your self-care? Can you find ways to increase those occurrences?